

# **MENTAL TRAINING COURSE FOR FOOTBALL COACHES PSSI YOGYAKARTA**

**by Komarudin, Guntur, Saryono**

## **ABSTRACT**

PPM activity is motivated by the lack of sufficient knowledge of the football coach, especially in the city of Yogyakarta PSSI against mental exercise indeed indispensable in the achievement of a soccer player. The purpose of this activity is to provide training on mental training for football coaches PSSI Yogyakarta.

Dedication to the community activity model is to provide training in the form of the theory and practice of mental training. The subjects in this devotion is the soccer coach PSSI Yogyakarta.

PPM activity was held on 14 to 15 August 2015. The results obtained are already delivered training materials that cover the theory and practice materials. The training participants to understand the importance of mental training exercises and mental exercises to understand how to provide training for the players.

Kata Kunci: *Course, mental training, football coach*